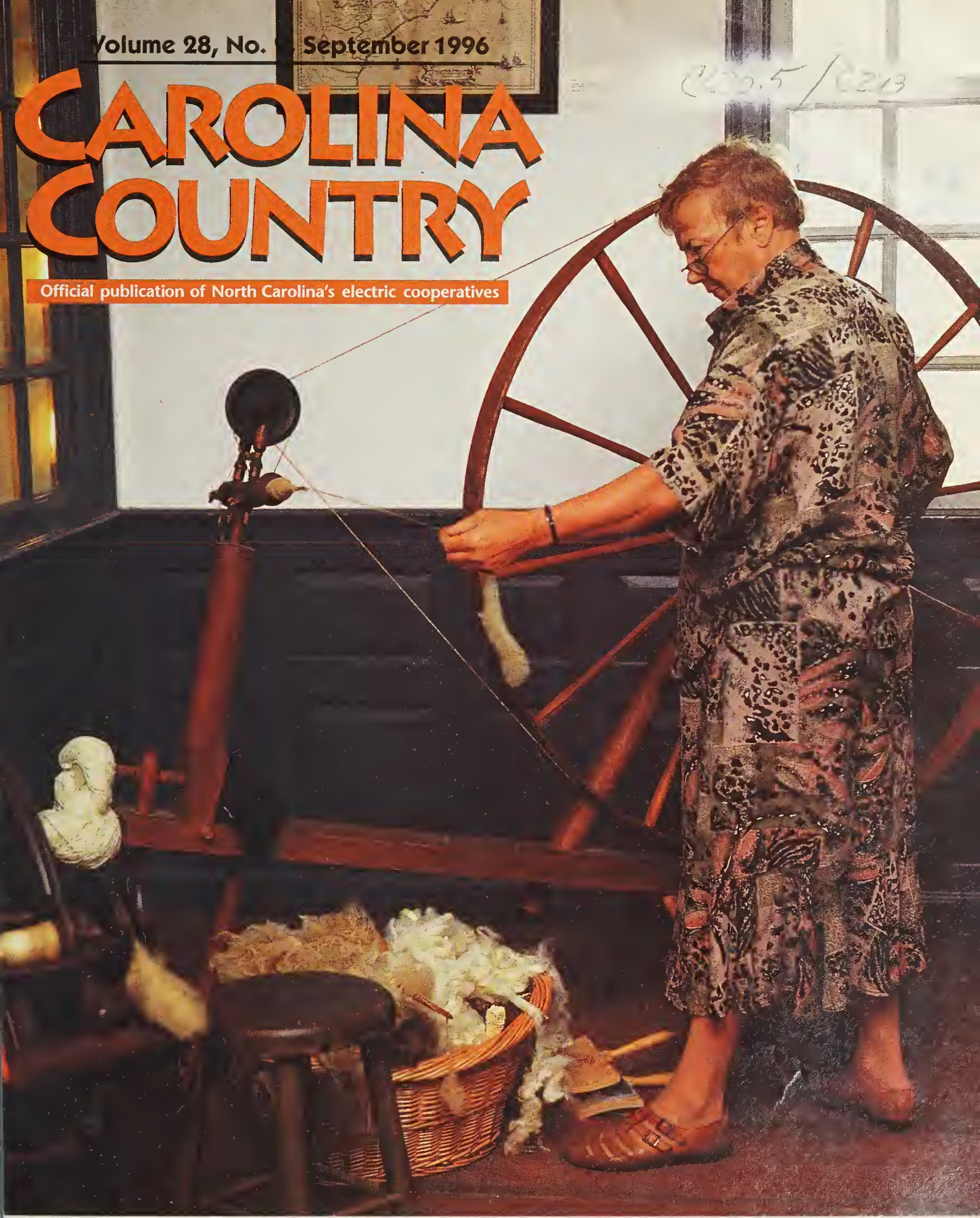
Volume 28, No. [illegible] September 1996

CAROLINA COUNTRY

Official publication of North Carolina's electric cooperatives



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Official Publication of
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(800) 662-8835

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 650,000 homes, farms and businesses in North Carolina. The 28 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Carolina Country ® is published by the North Carolina Association of Electric Cooperatives, Inc. Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: P.O. Box 27306, Raleigh, N.C. 27611. Phone: (800) 662-8835, ext. 310. Carolina Country is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

Postmaster: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

Individual subscriptions, $6 per year.

To change address, send magazine mailing label. Address all mail to Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

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CAROLINA COUNTRY

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An illustrated guide to what electric cooperatives do to restore your electrical power after a major outage.

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Omarr C. Dixon, a multi-talented athlete at N.C. State University, tells about trying out for the 1996 Summer Olympic Games trials in Atlanta.

"The Dixie Dynamo" Was "First in Flight" 18

North Carolina has more nicknames than it can remember.

On the Cover

Emily West of Lewiston-Woodville will demonstrate wool spinning Sept. 21 during the annual Harvest Day Crafts Celebration at Historic Hope Plantation near Windsor. Besides traditional craft demonstrations, the event celebrates high quality contemporary crafts, too. For more information, see page 27. The Historic Hope mansion is served by Roanoke Electric Cooperative. (Photo by Benners Studio)

Membership Has Its Privileges 10

As a member of an electric cooperative, you can attend your co-op's annual meeting of members to vote, ask business questions, see friends, have lunch, have fun, win prizes. Here's a look at an annual meeting in Statesville, recorded by Mocksville's Mike Barnhardt.

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There really is a place called Frog Level, N.C. (in fact, there are at least four) . . . Your letters on washing machines, refrigerators and High Country gardening.

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Frog Level is a real place

Creators of the hit musical comedy "Pump Boys and Dinettes" may not have known about the real Frog Level, N.C. when they placed their story in "the fictional town" of Frog Level ["'Frog Level, N.C.' goes to the Olympics," July 1996].

But Carolina Country readers wanted the real Frog Level to stand up for itself. Now we are faced with wondering which one of four is the real Frog Level.

Sherry Hill of Haywood County was the first to mention that Frog Level, in Waynesville, stretches from the bridge near Charlie's Corner through a couple of red lights on Depot Street. The buildings in Frog Level, she said, include a lock and key company, a candy store, a used appliance store, a photography studio and a martial arts school. On the side of one of the buildings is a picture of a frog sitting on a carpenter's level. According to rumor, Ms. Hill said, the frog was painted there during a community "clean up" at a time when Frog Level was being considered as a site for The Smoky Mountain Railway.

Carolyn Gore Cascia of Jacksonville, Fla., also told us about the Haywood County Frog Level. "My grandmother lived to the grand young age of 102 in the little mountain town of Waynesville, N.C.," Ms. Cascia wrote. "Mother and I spent the summers with her during my school years," when Ms. Cascia lived in Wilmington. "Her freshly-ironed apron covered a lap that was a child's cuddly resting place as she rocked me in the evenings. Grandma lived halfway up a steep hill just a block from Main Street, and at the foot of the hill, across the railroad tracks where the train station used to be, was Frog Level. We used to walk down that hill to the little country grocery store, the closest one to the house (Grandma didn't have a car). Several other small businesses were there. Frog Level is still there, although very different today."

And P.A. Bejano of Waynesville said Frog Level is at the intersection of Depot Street where the railroad tracks cross Richland Creek.

There's also Pitt County's Frog Level in the eastern part of the state. B.L. Harris said that Frog Level is located about a mile and a half south of Greenville on U.S. 13. "It's been here as long as I've been here, and that's 53 years," he said. "It's on the county map, too."

And there's the Frog Level in northeast Gaston County, not too far from Charlotte. Willene Killen said its about two miles down river from her husband's family home place. "That home place is over 150 years old," she said. The community has about 75 people, but a plan has circulated to build a housing development there. "I think it got its name because when it rained, little tiny frogs would come out everywhere," she said.

Finally, William S. Powell's "The North Carolina Gazetteer" lists Frog Level as another name for Clingman, a community in Wilkes County near West Swan Creek. —*MG*

Seeing North Carolina

We just wanted to let you know how much we enjoy receiving your magazine. We look forward to receiving it each month. We love the tips and the articles, but one of the issues we have really enjoyed was the May 1996 issue, the "See North Carolina" special edition. We had been thinking about taking a trip with our family to the Outer Banks and along came your magazine full of travel information for the whole state. Because we had that issue, we were able to call visitor centers and sites of interest to check hours and prices. Now it's our trip reference, not only for our family, but also for our Scout troops - we are leaders for two Girl Scout troops and a Cub Scout troop. Thank you so much for this priceless information.

Larry & Connie Bentley, Davidson

Hyde County beauty radiates

I'd like to thank Carolina Country for including Hyde County in the spring travel issue [May 1996]. The reader response has been phenomenal.

Our appreciation is also extended to Heidi Smith of Tideland Electric Membership Corp. Without her efforts on our behalf, none of this would have transpired. The staff and management of Tideland have always supported our efforts to improve economic development in our county. Although Ocracoke Island has been in the tourism area for quite some time, mainland Hyde County has just begun to search out ways to promote our beautiful county.

Margie Brooks, chairperson, Tourism Committee, The Greater Hyde County Chamber of Commerce, Engelhard

Wash clothes first, then churn butter

I lived my early life in the country without electricity. My mother used a wooden churn and dasher to make butter. After we moved and had electricity, she sold the churn to somebody for $3. How I wish I still had the churn to place in my little entrance hall.

When we got our Maytag washing machine, it was equipped with a metal churn. You just took the washing machine part out and set the churn part in. We didn't use the churn part for long, because we sold the cow. But the Maytag washer lasted on and on for years to come.

Alta Shauer St. Clair, Charlot

No-fault Philco is still runnin'

I was reading in Carolina Country of a lady who had a light bulb to last for around 50 years. I have a Philco refrigerator I bought June 17, 1947. Still runnin. Freezes ice in a jiffy. Never had any repair done except put a gasket around the door. Has run ever d except one time during an ice storm in Nineteen an Sixty Eight, and when Hugo came — all together about five days, when the power was out, no fault c its own. I just wonder how many more Philco refrig erators are still running going on 50 years. No, they don't make them like they use to.

Sarah M. Aldridge, Marshvi

Governor applauds Bright Ideas

I applaud your efforts to distribute the Bright Ideas grants monies to teachers earlier by moving the application deadline to September 27, 1996 ["Wanted: teachers with Bright Ideas," August 1996]. The grants that this program has awarded in two years are truly outstanding. I hope that with these funds and other government programs such as the ABC's of Public Education ["A push for N.C. public schools," July 1996], teachers can truly control the instruction and funds needed in their classrooms. Thank you for all that the Bright Ideas Grant Program is doing.

James B. Hunt Jr., governor

For application information, call 800-662-8835, ext. 299, or write to: Bright Ideas Grant Program, Carolina Electric Cooperatives, P.O. Box 27306, Raleigh, NC 27611-7306.

Wants asparagus, not ferns

I discovered an asparagus bed approximately 6 feet by 2 feet on the edge of an orchard, now overgrown, on property we purchased three years ago in northwestern North Carolina. In November, before we left for Florida, I cut back the ferns and mulched. We did not return until the first week of July when I found ferns 4 and 5 feet high. Is my timing off for harvest? And what should I do at present? We will be departing in October and probably will not return until May.

A neighbor plowed the original family garden plot for us in May. It was disked twice before our arrival. The neighbor's mother provided seed potatoes, cucumber and squash plants, as well as seeds for acorn squash, corn, rutabaga and zucchini. Unfortunately, rains have aided the weeds as well as the plants. I've been hoeing around the plants but can't keep up with the weeds.

Thank you for any suggestions.

James W. Goebel
1079 Muddy Branch Road,
Creston, N.C. 28615

Photography contest coming

Jacque Miller of Fairfield Harbour, New Bern, suggested recently that we plan a photography contest. Here's a good idea. We'll publish a set of guidelines soon. Meantime, dust off your lenses and look around for scenes and people that promote North Carolina's electric cooperatives and their communities.

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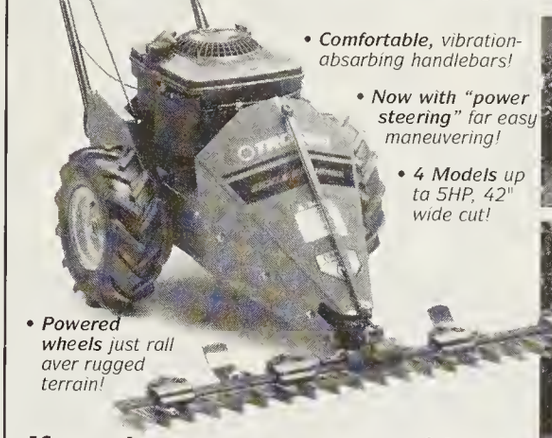

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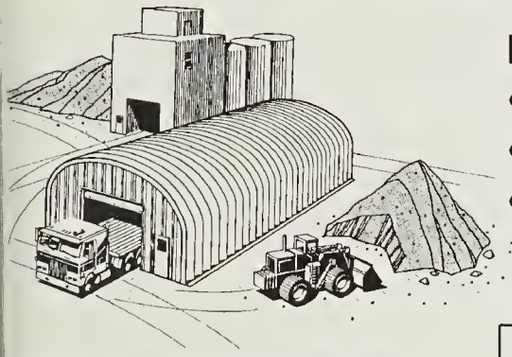

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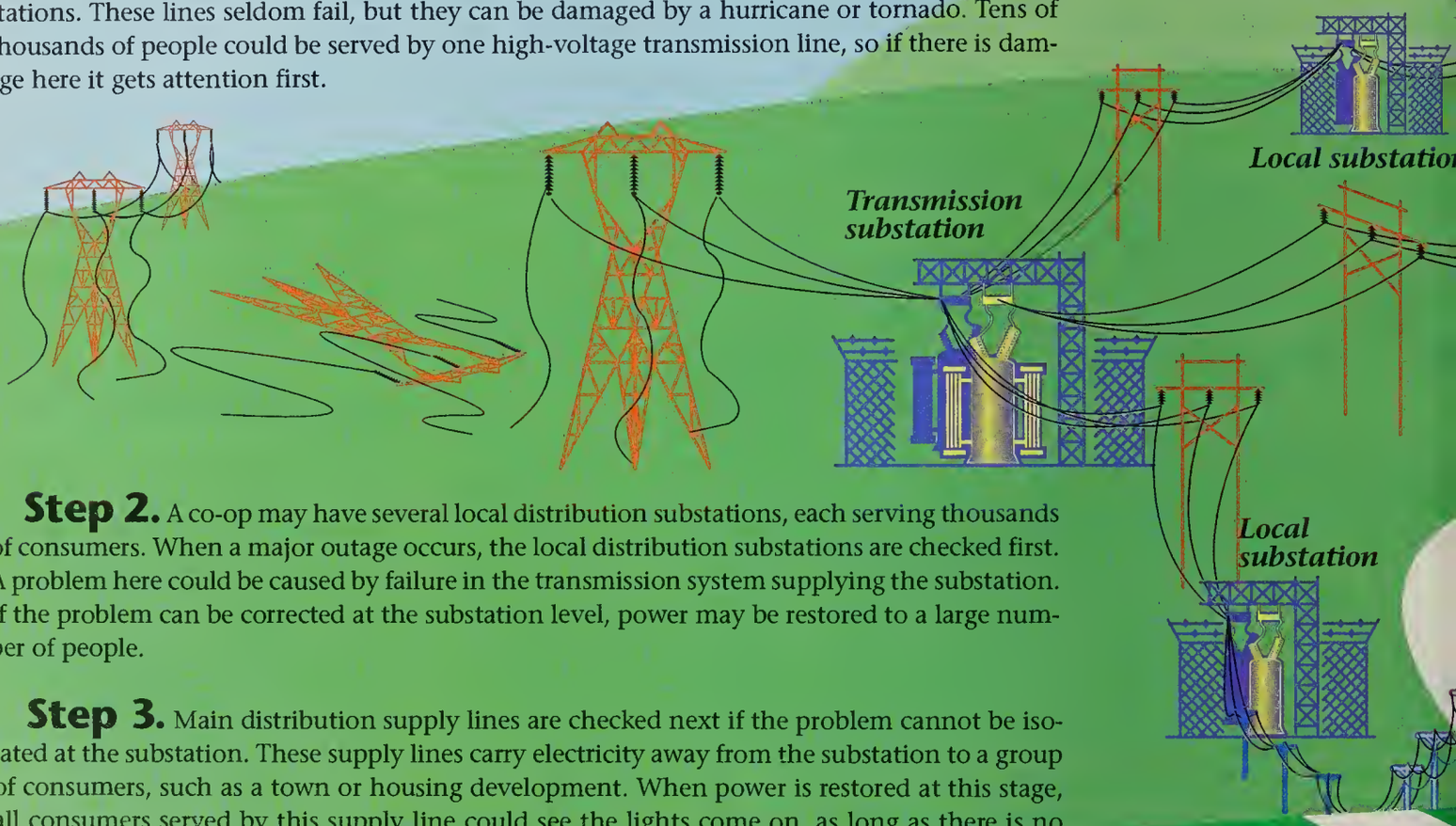
The steps to restoring power

Illustration by Katherine Fowler

Step 1. Transmission towers and lines supply power to one or more transmission substations. These lines seldom fail, but they can be damaged by a hurricane or tornado. Tens of thousands of people could be served by one high-voltage transmission line, so if there is damage here it gets attention first.



Step 2. A co-op may have several local distribution substations, each serving thousands of consumers. When a major outage occurs, the local distribution substations are checked first. A problem here could be caused by failure in the transmission system supplying the substation. If the problem can be corrected at the substation level, power may be restored to a large number of people.

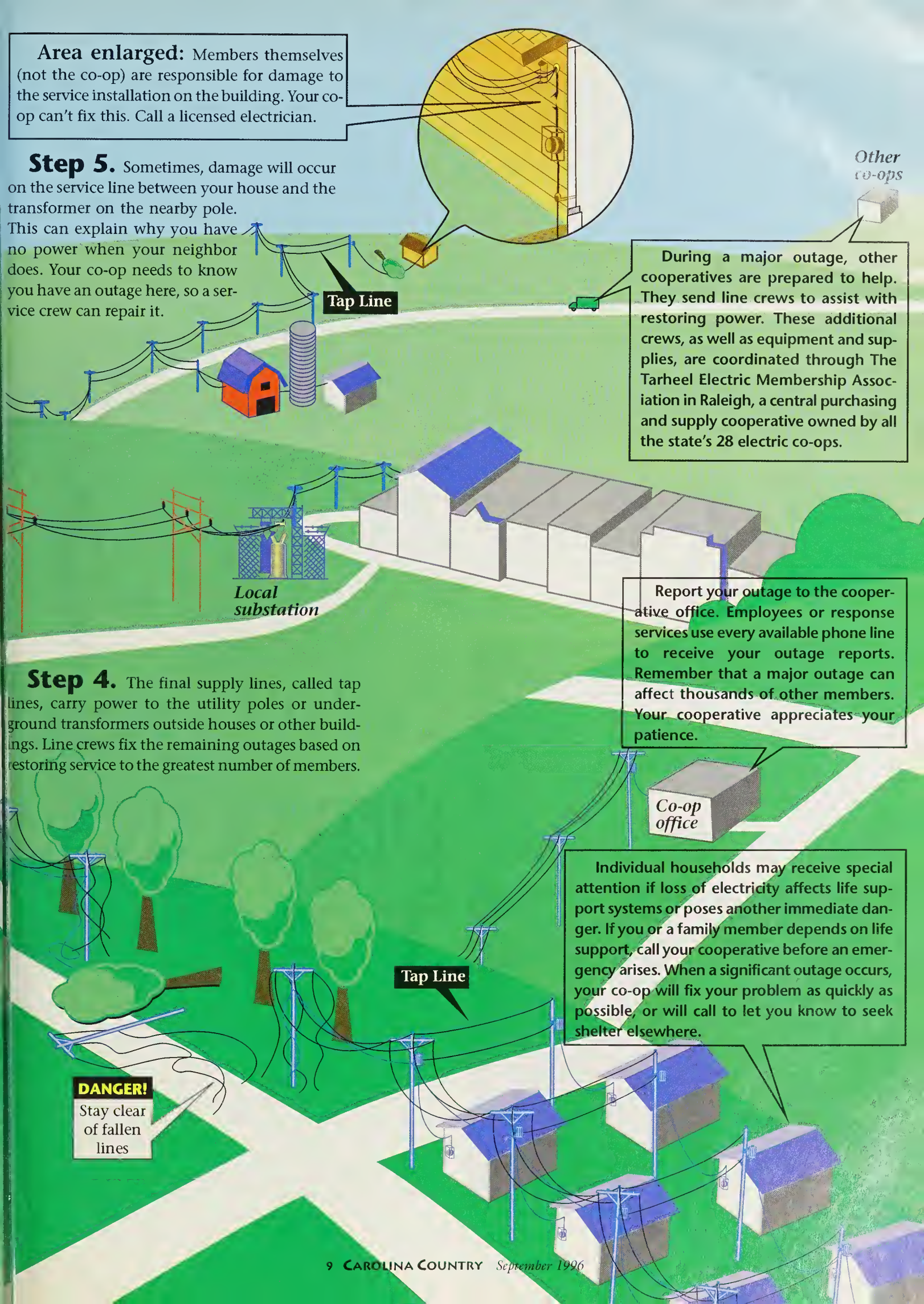
Step 3. Main distribution supply lines are checked next if the problem cannot be isolated at the substation. These supply lines carry electricity away from the substation to a group of consumers, such as a town or housing development. When power is restored at this stage, all consumers served by this supply line could see the lights come on, as long as there is no problem farther down the line.

Hurricanes and ice storms. Tornadoes and blizzards. Electric cooperative members have seen them all in the last few years. And with such severe weather comes power outages. Restoring power after a major outage is a big job that involves much more than simply throwing a switch or removing a tree from a line.

The main goal is to restore power safely to the greatest number of members in the shortest time possible.

The major cause of outages is damage caused by fallen trees. That's why your electric cooperative has an ongoing right-of-way maintenance program.

The illustration on these pages explains how power typically is restored after a major disaster, such as a hurricane or tornado. While power restoration priorities may differ from co-op to co-op, electric system repairs generally follow a plan similar to the one illustrated here.


Area enlarged: Members themselves (not the co-op) are responsible for damage to the service installation on the building. Your co-op can't fix this. Call a licensed electrician.
Step 5. Sometimes, damage will occur on the service line between your house and the transformer on the nearby pole. This can explain why you have no power when your neighbor does. Your co-op needs to know you have an outage here, so a service crew can repair it.
Tap Line
Other co-ops
During a major outage, other cooperatives are prepared to help. They send line crews to assist with restoring power. These additional crews, as well as equipment and supplies, are coordinated through The Tarheel Electric Membership Association in Raleigh, a central purchasing and supply cooperative owned by all the state's 28 electric co-ops.
Local substation
Report your outage to the cooperative office. Employees or response services use every available phone line to receive your outage reports. Remember that a major outage can affect thousands of other members. Your cooperative appreciates your patience.
Step 4. The final supply lines, called tap lines, carry power to the utility poles or underground transformers outside houses or other buildings. Line crews fix the remaining outages based on restoring service to the greatest number of members.
Co-op office
Individual households may receive special attention if loss of electricity affects life support systems or poses another immediate danger. If you or a family member depends on life support, call your cooperative before an emergency arises. When a significant outage occurs, your co-op will fix your problem as quickly as possible, or will call to let you know to seek shelter elsewhere.
Tap Line
DANGER! Stay clear of fallen lines

R.B. Sloan Jr. welcomes a full house at Crescent's annual meeting.

Membership has its privileges

Text and photos by Mike Barnhardt

Everyone enjoyed a barbecue lunch (top photo). And at the health fair, Penny Little (left) checks Diane Fletcher's blood pressure.

They came from 11 counties, and they came by the hundreds to the campus of Statesville Senior High School on a pretty, sunny Saturday in mid-May. What they all held in common was membership in their electric cooperative, Crescent Electric Membership Corporation.

Like all electric cooperatives, Crescent EMC convenes an annual meeting where members vote for their board representatives, discuss cooperative business issues, and otherwise enjoy the privileges of owning their electric utility.

Usually, there's more going on than co-op business, too. Crescent EMC and a local medical agency this year organized a major, four-hour health fair at the high school gym where members could get cholesterol and body fat tests, organ donor cards, child photo IDs, information about living wills, stress management and other services. They could also enjoy a free lunch and a $5 registration bonus, as well as bluegrass, country and gospel music.

Continued on page 1

Continued from page 10

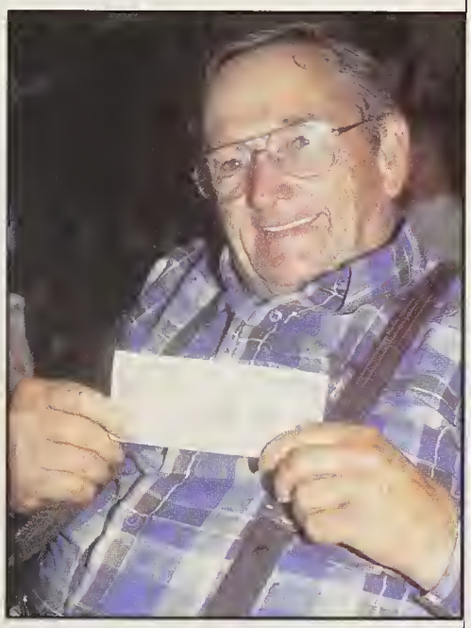
Some members said the best part of these meetings is catching up with neighbors and friends they haven't seen in a while.

Elva S. Tilley of Statesville has attended the annual meetings for years. "I used to go to them when they had them in Mocksville," she said. "It was a wonderful, picnic style. You could just turn your children loose and let them play. We really had fun."

Annie Harrelson of western Iredell County said there aren't many companies out there that take such an interest in their customers. "I like all the health screenings," she said, "I had all that done. Last year, I got my living will here."

"Usually, you have to pay for a lot of these things," said Diane Fletcher of Statesville. "I'm going to try to make it all the way around all of the booths."

While enjoying the music of Tommy Faile in the school's auditorium, Curtis Campbell of Union Grove expressed his confidence in Crescent's business operation and said he attends the meetings for fun. And this year he won a $50 cash door prize. "I've been coming for 30 years and this is the first time I've won," he said and tucked the $50 bill into his wallet before his wife could get a look at it.



"I've been coming for 30 years," said Curtis Campbell, "and this is the first time I've won" the $50 door prize.

Ruth "Granny" Jones of Mocksville is known at these meetings as "Mrs. EMC." Her late husband, C. Jones, helped to form the electric cooperative in Davie County more than 50 years ago. "The first thing we had out in the country was a refrigerator," she said. "I've still got it. I don't use it any more but it's still in the basement. We thought we were something when we got a refrigerator and lights."

Personal service

Crescent EMC was formed in 1970 when Davie EMC merged with Cornelius EMC. It has grown to include parts of 11 counties and 47,159 members. R.B. Sloan Jr., executive vice president, said Crescent EMC is one of the most efficient electric co-ops in the nation.

A key to the success, Sloan said , is that employees care about the customers. They proved it last February when ice storms caused power outages system wide.

"I've never been more proud of a group of employees as I was at Crescent's during the February ice storm," Sloan told the annual meeting. "Employees realize who owns Crescent. You should expect the best from us, and we should deliver no less."

At the annual meeting, employees mingled with the cooperative members, calling them by name and asking about their families."This is always a day we build up to," Sloan said. "It's a major event for our members. People look forward to it."

Sloan reminded members that another privilege of co-op ownership is the sharing of capital credits. The co-op typically distrib-

Continued on page 12

Annual Meeting Schedule

North Carolina's Electric Cooperatives

(Dates may change. Watch for official notices from your cooperative.)

Albemarle EMC, Hertford
September 21, 1996

Blue Ridge Electric, Lenoir
Second Saturday in June

Brunswick EMC, Shallotte
September 28, 1996

Cape Hatteras Electric Cooperative, Buxton
October 21, 1996

Carteret-Craven Electric Cooperative, Morehead City
Last Saturday in September

Central EMC, Sanford
First Friday in October

Crescent EMC, Statesville
May

Davidson EMC, Lexington
Second Saturday in October

Edgecombe-Martin County EMC, Tarboro
Third Saturday in March

Four County EMC, Burgaw
First Monday in October

French Broad EMC, Marshall
Third Saturday in April

Halifax EMC, Enfield
Third Saturday in May

Harkers Island EMC, Harkers Island
May

Haywood EMC, Waynesville
Third Saturday in August

Jones-Onslow EMC, Jacksonville
Last Friday in March

Lumbee River EMC, Red Springs
Third Tuesday in October

Pee Dee EMC, Wadesboro
First Thursday in October

Piedmont EMC, Hillsborough
Third Friday in April

Pitt and Greene EMC, Farmville
Second Thursday in November

Randolph EMC, Asheboro
June

Roanoke Electric Cooperative, Rich Square
Fourth Saturday in August

Rutherford EMC, Forest City
Last Saturday in October

South River EMC, Dunn
Second Thursday in April

Surry-Yadkin EMC, Dobson
First Saturday in October

Tideland EMC, Pantego
Fourth Friday in November

Tri-County EMC, Dudley
First Saturday in November

Union EMC, Monroe
October 12, 1996

Wake EMC, Wake Forest
Fourth Friday in March

Crescent board member Tom Bailey Woodruff makes the rounds (top photo) at a meeting where friends and neighbors can get together.

Continued from page 11

utes refunds known as capital credits to members annually, reflecting margins the co-op had used as working capital for a period until returning it to members. This year Crescent returned about $1.7 million in capital credits.

He also reminded the members that "you're paying about the same per kilowatt hour as you were in 1992."

Sloan mentioned the new Operation Round-Up program Crescent has begun that allows members to round up their monthly bill to the nearest dollar and donate the extra change, through a separately governed Crescent Electric Foundation, to worthy causes and organizations on the communities served by Crescent. If half of Crescent's members participate, he said, $150,000 a year can be raised for charitable purpose.

Sloan has no doubt that will happen, he said, because Crescent EMC cares about its communities.

Commenting at the annual meeting about his co-op generally, one longtime member said, "I've been to almost all the annual meetings. I think Crescent is wonderful. They've helped with the church and in the community. They're fair to their members." That was Thomas D. Edison, 71, of Statesville. And he's no direct relation to the inventor of the light bulb.

Mike Barnhardt lives in Mocksville and works with the Davie County Enterprise and Record.

Owners meetings can be fun

by Kim Whorton

Annual meetings are functional, but they're also a lot of fun. While each annual meeting invariably reflects the co-op's own personality, these meetings do share some common characteristics.

For instance, each co-op member-owner has a say-so in how the cooperative operates. Every member has the right and privilege to vote for their board of directors. Each board is responsible for guiding the direction of its cooperative by overseeing the co-op's management and making policy decisions that affect each and every co-op member. Your vote is very important. Members' input is a welcome and necessary part of the cooperative governing process.

Annual meetings also serve as a forum for questions from members. It's as simple as standing up and addressing the board of directors or the co-op's manager directly. If they can't answer your question at the meeting, you can be assured that you will get a response. Remember, quality service and respect for member-owners is a guiding principle of electric cooperatives.

Children are impressed by Willie Wiredhand.

But that just covers the formal business part of an annual meeting. There are many other reasons to attend.

Annual meetings give you a chance to talk with your neighbors. It's a great opportunity for fellowship with folks in your community. Most annual meetings offer entertainment, such as gospel, bluegrass or country music performers. There's always something for children, such as storytelling, face-painting or magic shows. And, much to their delight, your children are often entertained by celebrities such as Barney or the Power Rangers.

Your cooperative may sponsor a health fair where various screenings are offered. Some cooperative volunteers committees may have baked goods for sale to raise money for scholarships or other community projects. There are raffles for door prizes, video and displays about the co-op's services, and freebies like energy efficient light bulbs or clothing bearing the co-op's insignia. Some co-ops put on a lunch or buffet that rival the best in the community.

So the next time you get the notice of the annual meeting of members of your local cooperative, mark it on your calendar. It's sure to be the most entertaining and educational owners meeting you'll ever attend.

Kim Whorton attends many co-op annual meetings for the North Carolina Association of Electric Cooperatives, and she's always invited back.

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As a member-owner of your electric cooperative, you have a piece of the action because that's how cooperatives get things done.

That all-important action includes your voice and involvement in co-op activities, your presence and participation at co-op meetings, and your very valued votes for the co-op's board.

The co-op way of conducting business is time-tested and member-approved. And that includes meeting needs as efficiently and economically as possible.

Just look at the track record of the 1,000 electric co-ops all across the nation. We're proud to work hard for everyone's benefit — you, our consumer-owner, and our community and its economy. Locally owned and locally operated, we're a unique business, and that's because our business is your businesss!

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Rockingham, N.C. - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was five years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later, the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 x 12 bedroom.

Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was the year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time, they got behind on everything.

No Summer Vacation

They were so strapped for money one summer, they couldn't even take Emily and Katie to the beach for a few days for their annual vacation. Sure they finally got all caught up when Ray went back to work, it took them two years and by that time it had ruined their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills are paid.

"I Hit A Brick Wall"

After they got caught up they tried again to borrow the money for the addition. First they got turned down by the local bank, then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet mill making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself, Becky or the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was $358 lower than he had been making. That saved him a whopping $4,296 per year. TAX FREE. In the first year, that was enough money to close in the back porch, AND enough left over for new bikes for the kids.

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Carole Eskew, Sr., V.P.

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8,500	Auto Loan	375.00
2,000	VISA	100.00
2,000	MasterCard	100.00
$25,000	**Current Payment**	**$775.00**

-After Harvest Mortgage -

New Payment: $187.82/mo.

APR 9.077% / 30 yr. term

You Save: $587.18/mo., $7,046.16/yr.

** Rates subject to change*

"I couldn't believe it. We closed our loan 9 days after the first day I talked to them on the phone."

Debbie C., Dallas

"We ended up paying off all our bills and rolling them all into one single payment. After we did, our total monthly payments dropped by almost $400 per month."

Billy and Judy., Columbus

"Thanks to you and your great company, we feel reborn. Words can not express the relief we feel. We are so glad this battle with the bills is almost over."

James and Laurie C.

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- Can you really earn a living working from your home?
- Who is most likely to be found working from the home? Women? Men? White collar? Blue collar? Who?

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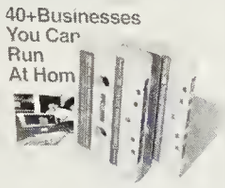

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On trial to go higher

by Omarr C. Dixon

When I reached 7-4½ in the high jump last year, I knew I could qualify for the 1996 Olympic trials, and I began receiving calls about going. When I hit 7-6 this year (equal to the third highest jump in the U.S.), they really came at me: phone calls, letters, cards, good luck charms. I would definitely be going to the Olympic trials in Atlanta in June.

My friends and family were more excited than I was. My mother would say, "Ooooh! My baby is going to be on the Wheaties box!" Sometimes my father would tell people I would be "the first American to jump eight feet."

All of these motivational factors inspired me to train harder than ever before. It was then that I began to understand just how privileged I was to be going to the trials.

My alarm clock buzzed at 7:15 a.m. on June 18 —the day I would head to Atlanta— and my first thought was "the next time I wake up in my own bed, I will be on the USA Olympic team."

On the plane, I was seated next to a gentleman who was working security for the Summer Olympic Games. He worked the sites where Michael Jordan and Joe Montana would be appearing, he said. Flight attendants and passengers heard that I was an athlete headed to the trials, and they joined our conversation and asked me question after question. I even signed a few autographs. It felt good to be treated like a celebrity.

My sister, who lives in Atlanta, met me at the airport and took me to the hotel where all the athletes would stay, the Hyatt downtown. Intense excitement filled the hotel lobby. I felt extremely privileged just to be among the best athletes in the world and to be considered one of them. I gave thanks to God, as I had been doing all along.

As I checked in I received my credentials and meal tickets. My room contained a beautiful bay window looking onto the mall. All meals were served in the Executive Suite and normally consisted of some type of chicken or pasta and carrots, and an unlimited supply of beverages. After my family arrived in Atlanta (my father, mother, brother and sister), I went out with my brother for a change of pace to have hot wings and pizza a couple of nights.

In the two days before my qualifying round, I worked out with weights and did my usual stretches. I went to the track to watch the events already going on.

My first day of competition was June 21 for the qualifying round of the men's high jump. Since it was a special morning I started the day with a special breakfast. I wanted something light yet satisfying, so I had a fluffy Belgian waffle with cream on top, and for good luck I asked for two slivers of cantaloupe on the side and a hash brown in the middle.

I wasn't scheduled to compete until 7:50 p.m., so I went back to my room to go through my pre-competition preparation. I visualized in my mind the high jump bar, and concentrated on a positive view of clearing it. I peered out my bay window. I thought that all those days of sweat, agony, pain, glory and lessons of defeat prepared me for this one moment.

At 6 p.m. I caught the shuttle bus to the stadium and happened to sit next to Hollis Conway, the former American high jump record holder. We greeted one another, and the intensity seemed to rise even more. At the practice track, where the athletes go prior to going to the stadium, I met the other high jumpers. It seemed as if everyone was trying to come up with jokes and laughs to ease the tension, but it wasn't very effective. Before we could leave the practice track, the officials checked our jumping shoes to ensure our spikes were within the legal size.

At 6:30 it was time to warm up. In the warm-up area there were several familiar faces— Carl Lewis, Gwen Torrence and Gail Devers to name a few. It felt great to be in the company of such prestigious

I took off running towards the bar. It seemed like an eternity before I reached it.

athletes. My palms grew sweaty, my heart pounded. Finally the time had arrived. I kept telling myself, "Omarr, there's no need to worry. Just go out and give it your best."

To warm up for an hour or so before jumping, I usually stretch, jog some laps, relax and maybe get a rub down to keep loose. Although the high jump was scheduled to begin at 7:50, the decathlon high jump was taking longer than expected, so we didn't start competition until 9:30. This made it very tough to stay focused and took a toll on our bodies as we extended the warm-up process.

As we waited for the decathlon jumping, I talked with Charles Austin, the current American high jump record holder. He knew that I played football and expressed to me his interest in playing football. He said that he was afraid of receiving a career-ending hit. I told him, "It's just a chance you have to take if you want to play the game."

When the decathlon trials ended, it was finally time for me to do my thing. Who would have guessed that I would be selected to jump first? Not me. Suddenly, the pressure was really on. But the pressure made me realize that I could just go ahead and do it and make it and not wait for anyone else. The bar was up at 7-2½, a height I had made at least a dozen times, though I had only opened there twice before. As I prepared myself to approach the bar, I could see my entire family waving and jumping up and down in the stands and cheering, "You can do it O.D.!" All I kept thinking was how badly I wanted to win for me and my family. I took off running towards the bar. It seemed like an eternity before I reached it. Boom! I jumped and skimmed the bar at my heels, and the thing rocked, then fell off. " Damn, I missed."

I had only two more attempts left at 7-2½. On the second attempt I told myself not to think about it as much but to just do it. I took off running, and just as I was about to jump my foot slipped and down came the bar.

My mind was in turmoil. I had one attempt left. If I didn't make it, my dreams of being on the 1996 USA Olympic Team would be gone forever. I looked at my family and asked myself if I was going to let it all end this way. I had worked so long and hard. My family had traveled so far and supported me for so long. It just couldn't end this way. It just couldn't. I told myself, "Just give it all you've got," and then I just stood there waiting for the right moment. The field judge warned me that I had 15 seconds left.

With one last quick glimpse up at my family, I took off faster than I ever had before. Oh, it felt so right this time! I just knew I was going to make it. I approached the bar and jumped harder than ever before. I felt higher than ever before.

Well, maybe I was higher than ever before. But I wasn't quite high enough to clear the bar that day. My first thought was that I had lost. Then I had another thought right away: I hadn't lost anything. I had gained the experience of a lifetime.

Omarr C. Dixon of Raleigh is a senior at N.C. State University, where he studies communication, computer science and African-American history. He is a high jumper on the track team and a receiver on the varsity football team.

At the 1996 Summer Olympic Games in Atlanta, Charles Austin of the U.S. team set an Olympic record while winning the gold medal in the high jump on July 28. He cleared the bar at 7-10, then missed at 8-½ trying for a world record.

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"The Dixie Dynamo" was first in flight

by Diane M. Calabrese

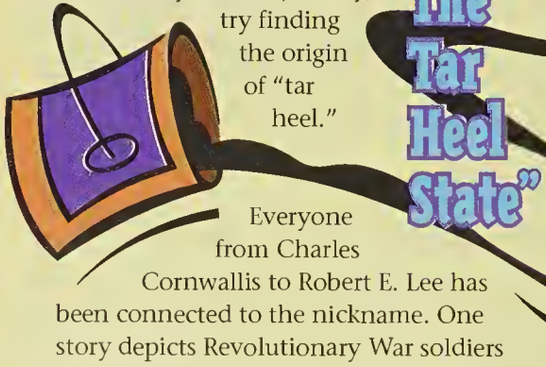
How far must you travel to reach "The Land of Beginnings" or "The Year 'Round Vacationland?"

You can stay right here in North Carolina.

Seventeen nicknames — and counting — have been applied to this, the 12th state to join the union. Each name offers passage to history or geography, and some carry intrigue as well.

"The Old North State" and "The Tar Heel State" share official nickname duties. "North" leads straight to the state's separation from South Carolina in 1729. "The Old North State" is also the title of the state song (adopted 1927).

For a mysterious journey, try finding the origin of "tar heel."



Everyone from Charles Cornwallis to Robert E. Lee has been connected to the nickname. One story depicts Revolutionary War soldiers foiling Cornwallis, the British general, by throwing tar in a river. A person who knows North Carolina's shores insists the nickname derives from the practice of sealing boat seams with tar. But most tales point to the tendency of North Carolina's soil to stick on feet.

Resins from pine trees contribute to the clinginess of North Carolina's earth. Here in "The Turpentine State," we tap our abundant stands of pitch-pine to make the solvent. Native Americans were already expert turpentine makers by 1709, when John Lawson observed their technique, described in "A Voyage to Carolina."

"The Goodliest Land under the Cape of Heaven" stretches across coastal, plateau and mountain regions. This nickname itself is a corruption of a 16th century appraisal of North Carolina. In 1585, the English chronicler and geographer Richard Hakluyt reported (in "The Roanoke Voyager") Ralph Lane's description of North Carolina. Lane described the region as "The Goodliest Soile Under the Cope of Heaven." He no doubt used "cope" to mean canopy or sky.

Mountains get noticed too in "The Land of the Sky." The peaks contribute to the contents of "Nature's Mineral Specimen Case." Three hundred minerals are known here, and more than 70 have commercial value.

First in flight, freedom, gold . . .

A 17-pound nugget of gold found in 1799 in Cabarrus County turned out to be the first significant amount of the precious metal located in the United States. And the country's first silver mine, the Silver Hill, opened in central Davidson County in 1838.

Such firsts are expected in "The Land of Beginnings." Every school child can name two enormous "beginnings" in North Carolina. The first English settlement in America was at Roanoke Island in 1585. The first successful flight of a heavier than air craft took place at Kitty Hawk in 1903.

We are known as "The Ireland of America" for having welcomed many descendants of the Scots who had been sent to Ireland by England's James I. "The Second Nazareth" name can probably be traced to those Scots who had to move twice before they found a home and freedom here.

"First in Freedom," North Carolina declared its independence from England on May 5, 1775 in the Mecklenberg Declaration. The date appears on the state seal. James Knox Polk, the 11th president, was born in Mecklenberg in 1795. He was the first native North Carolinian elected to the nation's highest office.

Orville and Wilbur Wright, natives of Ohio, helped fuel the start of "The Dixie Dynamo." We may have earned that title because of our industriousness. Today, North Carolina ranks first in the nation in per capita income from manufacturing.

"The Rip Van Winkle State" was applied disparagingly to North Carolina in the early 19th century. Who knows why?

John Gunther in 1947 wrote in "Inside the U.S.A." that "the placid roads in North Carolina look painted by Cezanne." Who could expect less in "The Year 'Round Vacationland?"

As "The Year-Round Mid-South," we attract many visitors toting clubs to "The Golf State, USA" and our dozens of championship courses. We also claim the PGA World Golf Hall of Fame at Pinehurst,

"The Variety Vacationland"

where an exhibits spans the five centuries from the invention of golf in Scotland to present.

Another horde of visitors arrives in "The Variety Vacationland" carrying poles. "The Game Fish Junction" name comes from our attractive mix of surf, deep sea and Gulf Stream fishing.

"The Game Fish Junction"

Here are some good sources of information about North Carolina's nicknames and "firsts:"

"Tar Heels: A Portrait of North Carolina," by Jonathan Daniels. Dodd, Mead & Co., 1941.

"Nicknames and Sobriquets of U.S. Cities, States and Counties," by Joseph Jonathan Kane and Gerard L. Alexander. The Scarecrow Press, 1970.

"Famous First Facts," by Joseph Jonathan Kane. The H.W. Wilson Company, 1964.

"Atlas of North Carolina," by Richard E. Lonsdale. University of North Carolina Press, 1967.

"North Carolina: A Bicentennial History," by William S. Powell. W.W. Norton & Co., 1977.

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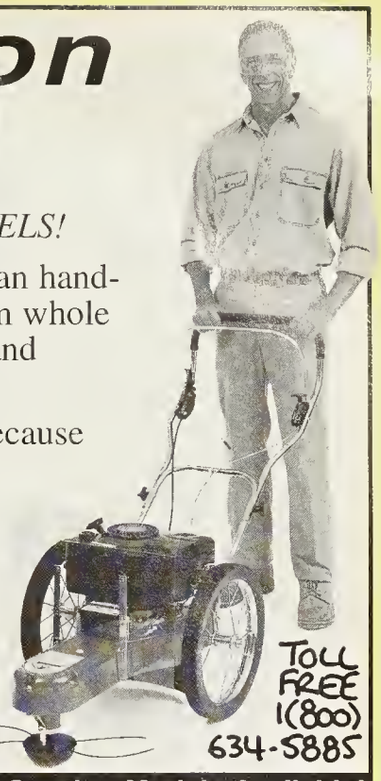

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Making Cents of Your Electric Bill

by James Dulley

They can be set to suit your schedule.

Automatic timers for electric water heaters

Other than heating and air-conditioning your home, heating water uses more electricity than any other appliance. A typical family of four can spend over $300 per year to heat water with electricity. Luckily, there are ways to reduce the amount of electricity consumed by your water heater.

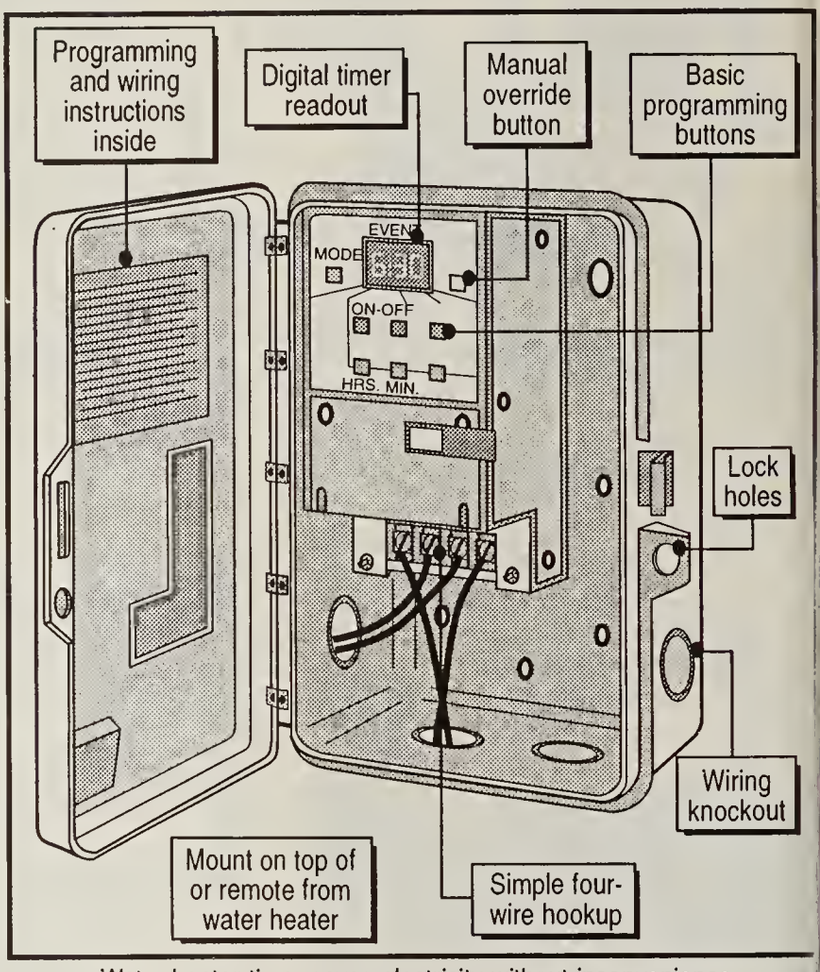
Installing a water heater timer is one investment a homeowner can make. In the long-term, installing a timer can help reduce your electric bills by reducing electric rate increases. By setting the timer to switch off the water heater during the typical peak electricity demand periods, the electric utility's peak demand is reduced. This will delay the need for huge investments in new generation equipment. Check with your electric cooperative about its recommendation for scheduling the timer to operate during off-peak hours.

Installing a timer is not a difficult job for most homeowners. You just connect several wires. Always follow the manufacturer's instructions carefully. *Always switch off the electric power to the water heater first.*

Most families experience no inconvenience by using a timer on their water heaters. Newer efficient water heaters, with their extra heavy tank insulation and heat trap fittings, keep water hot for many hours with the heating elements switched off. After installing the water heater timer, you will quickly learn to fine-tune the schedule to meet your family's hot water needs. All water heater timers have instant manual override buttons to switch them on at any time for schedule changes or off during vacations.

Some of the newest electronic water heater timers provide from two to 12 on/off settings each day.

Digital electronic timers are the most effective and provide the greatest flexibility. If your family's schedule varies on different days of the week, select a timer with seven-day programming.



Water heater timer saves electricity without inconvenience

If your schedule is the same every weekday, except for weekends, select a less expensive timer that provides a single weekday schedule and separate Saturday and Sunday schedules. The cycles are programmed in a similar way as most furnace thermostats. Some even have simple completely color-coded instructions inside the timer cover.

All the digital timers have a built-in backup (battery or integral) to save the programmed schedule in case of a power outage. A single 9-volt battery has a long life of three years. The covers of these battery-equipped timers snap off so they can be conveniently programmed.

The basic tune-up item for an electric water heater is draining the sediment out of the bottom of the tank drain valve several times per year. A couple of gallons is adequate. Periodically check the hot water temperature and adjust the thermostat if necessary.

Put your hand on the water heater tank near the top. If it feels warm, install a tank insulation jacket. I just wrapped leftover fiberglass wall insulation around the electric water heater in my own home. I covered it with reflective attic foil to further bloc radiant heat loss.

Since electric water heaters ar fairly simple devices, they are ea to troubleshoot yourself. For example, fluctuating water temperature can be caused by a fault thermostat or thermal cutout or loose wiring.

Write for Utility Bills Update No. 871 showing a buyer's guide of mechanical and electronic water heater timers listing number of on/off times and days pro gramming, prices, features and a troubleshooting guide of 22 com mon water heater problems and causes. Please include $2.00 and business-size SASE, and mail to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati OH 45244.

©1996 by James Dulley, an en gy expert and syndicated columnis in Cincinnati.

News of the Co-ops

Summer news.

Huy Nguyen

Cape Hatteras crew at Avon as Bertha approaches.

The weekend that Bertha visited

The hurricane named "Bertha" may not have damaged as much as forecasters feared as it approached on Friday, July 12, but by the time it swirled into the Mid-Atlantic states two days later, more than 137,000 consumer-members of electric cooperatives in eastern North Carolina had no lights.

The slow-moving but powerful storm with maximum sustained winds of 105 miles per hour hit hardest in southeastern counties, where it toppled trees onto electricity distribution systems. Outages exceeding 15,000 members were reported by the following cooperatives: Brunswick EMC, Carteret-Craven Electric Cooperative, Four County EMC and Jones-Onslow EMC. Tideland EMC reported about 13,900 outages. In all, members of 15 cooperatives had no power at some point.

Service crews worked around-the-clock during the weekend to repair damage, and by noon on Monday, July 15, most service had been restored. Other cooperatives sent crews to help, including Crescent, Central, Rutherford, Wake, Pee Dee, Blue Ridge, Davidson, Lumbee River and Piedmont EMCs, and the N.C. Association of Electric Cooperatives.

47 youths represented co-ops in Washington, D.C.

A total of 47 rising high school seniors from North Carolina represented 21 electric cooperatives during the annual Rural Electric Youth Tour to Washington on June 15-21.

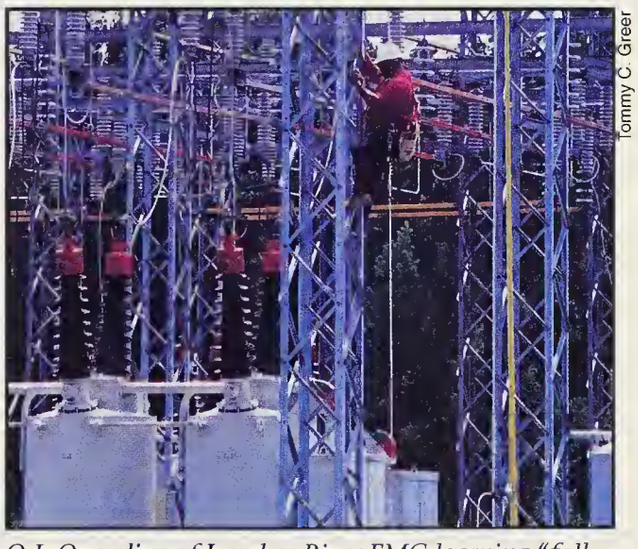
The North Carolina contingent joined over 1,200 young people from 38 states. The group took part in educational sessions, visited members of North Carolina's congressional delegation, toured the Smithsonian, Arlington National Cemetery, Mount Vernon, the Capitol Building and other points of interest.

The students learned firsthand how a cooperative works by donating $1 each to form their own "soda pop co-op" to supply themselves with soft drinks during the trip. They elected a board of directors, and named a manager, Kristy Smith of Seven Springs, and assistant manager, Chris Cannon of Stem, to oversee the co-op. At trip's end, they dissolved the co-op, liquidated its assets, and returned membership fees and capital credits to themselves, as the cooperative's members.

Near Jefferson Memorial are Youth Tour delegates (from left) Chris Cannon, Teresa Morris, Jennifer Hart, Shelley Riddle and Jenny Leamon.

Neil Sinhababu of Raleigh was selected to represent the group on the national Youth Consulting Board, which includes duties at the 1997 national annual meeting of electric cooperatives in Las Vegas.

Historically, many of these young people become influential members of their communities as adults. In addition to learning about co-ops and their association with national institutions, the students made what typically can become long-lasting friendships among themselves.



Tommy C. Greer

O.J. Oxendine of Lumbee River EMC learning "fall protection."

Learning substation safety

To meet new safety requirements, 29 employees from 11 of North Carolina's electric cooperatives this summer participated in training sessions aimed at protecting people who work on towers or similar structures. The three-day instruction included protection equipment and systems for working in substations.

Coordinated by the Job Training & Safety Department of the North Carolina Association of Electric Cooperatives, the "fall protection training" was conducted by Duke Engineering & Services at the Lake Wylie Training Center in Charlotte. The JT&S Department will arrange and teach these sessions in the future.

Inside the Beltway

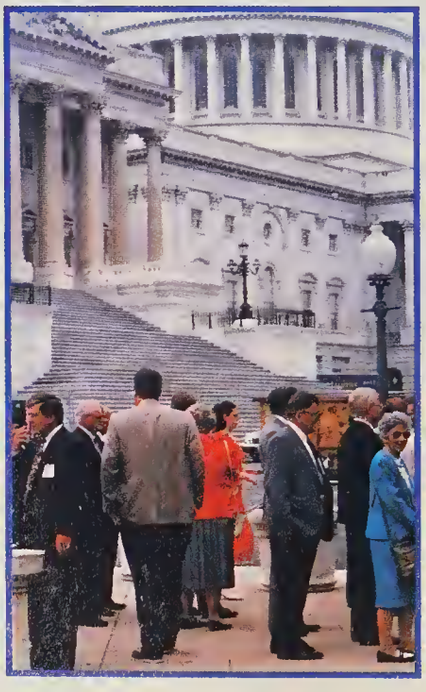
If this group asked to meet with you in Washington, you would say "yes," too, as Rep. Charlie Rose (center) did in June.

by Kim Whorton

Electric cooperatives are known for bringing power to the countryside. But cooperatives are also known for having a different sort of power — the power of numbers needed to initiate a grassroots campaign to protect the interests of their members.

Nearly 140 people representing North Carolina's electric cooperatives convened June 10-12 for a legislative conference in Washington, D.C., an annual event that brings informed, active citizens face-to-face with their elected officials to discuss issues of importance to electric cooperatives.

People came from all over the state. There were young children and teenagers and senior citizens, employees, directors, managers and members. They met with members of Congress to talk about pending legislation and regulatory issues that could impact their local cooperatives and their communities.



"I think it's our duty to meet with our representatives on behalf of the cooperatives," said Jimmy Horton, board president at Crescent EMC, Statesville. "We need to share our problems with them or simply thank them for what they do for us. It's easier for us to be heard if we all come together, and that's what the cooperative spirit is all about — having everyone stick together."

Everyone at the conference agreed that reaching out to their congressmen and congresswomen and senators, so they could meet the people they were elected to represent, was an important step in protecting their cooperatives and their communities.

"To me," said J.Ron McElheney, manager of Jones-Onslow EMC in Jacksonville, "it's the single most effective thing we could do."

Nearly everyone on Capitol Hill knows James Lee Burney (left), the government relations man for the N.C. electric cooperatives since 1973, shown here with Rep. Mel Watt.

True lobbyists await senators in the Dirksen Office Building lobby.

A youthful Zach Wilkins of Lexington meets an elder, Sen. Jesse Helms.

Although all of North Carolina's representatives were contacted, not all could meet with the cooperative delegation in June. Those who participated in the legislative conference were the following:

Congresswoman Eva Clayton *(D, 1st District)*
Congressman David Funderburk *(R, 2nd District)*
Congressman Walter B. Jones Jr. *(R, 3rd District)*
Congressman Richard Burr *(R, 5th District)*
Congressman Howard Coble *(R, 6th District)*
Congressman Charlie Rose *(D, 7th District)*
Congressman W.G. (Bill) Hefner *(D, 8th District)*
Congressman Cass T. Ballenger *(R, 10th District)*
Congressman Charles H. Taylor *(R, 11th District)*
Congressman Mel Watt *(D, 12th District)*
Senator Jesse Helms *(R)*
Senator Lauch Faircloth *(R)*

Congresswoman Sue Myrick (R, 9th District) and Congressman Fred Heinemen (R, 4th District) did not attend.

Rep. Eva Clayton greeted an impressive co-op contingent from her 1st District.

Sen. Lauch Faircloth is an entertaining storyteller, and Rutherford EMC's Gary Whitener knows it.

Focus

News you can use.

Make-A-Wish Foundation grants its 400th wish

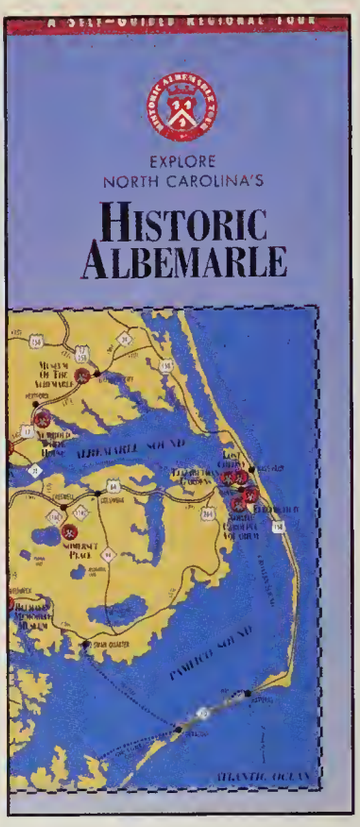
Make-A-Wish Foundation of Eastern North Carolina recently granted its 400th wish to 9-year-old Chantelle James. Her parents, Heidi and Michael Gregory, and her 1-year-old brother, Clint, traveled to Florida to fulfill her wish to visit Disney World.

Make-A-Wish Foundation is a non-profit organization whose sole purpose is to grant the wishes of children with life-threatening medical conditions. Chantelle is being treated for a brain tumor at Pitt Memorial Hospital in Greenville.

According to the foundation, the most often requested wish is a trip to Disney World. Other recently granted wishes include a pot-bellied pig, a computer, a professional basketball game and a meeting with a favorite player, a bedroom make-over, a Sega Genesis system and games, a shopping spree, and a pedigreed Ragdoll cat.

The foundation granted its first wish in 1985 and currently has over 120 volunteers. Rebecca Carter and Patty Prochaska are the wish granters who coordinated Chantelle's wish.

For more information about how you can help make a wish come true through donations or volunteer opportunities, call (919) 755-5555.



Albemarle-Pamlico region goes "on-line"

An Internet-based travel guide is available on the World Wide Web to show and tell the attractions and businesses of the Albemarle-Pamlico region. ICW-NET is a privately-owned regional database that broadcasts public and private information about the history, economy, attractions and lifestyles of the towns and communities around the Intracoastal Waterway.

Included are sites from the Virginia line south to Emerald Isle and west to Highway 17, including places on the Historic Albemarle Tour, and communities from Knotts Island through Hertford, Edenton, Elizabeth City, Plymouth, Columbia, Edgecombe County, Beaufort County, New Bern, Oriental, Bogue Banks, Hyde County and the Outer Banks. The World Wide Web site is at: **http://www.albemarle-nc.com,** and ICW-NET itself is at 98 Small Dr., Elizabeth City, NC 27909. Phone: (919) 338-1600.

Personal electric vehicle cruises into Charlotte

A Charlotte automobile dealership has recently acquired the franchise for the new electric personal community vehicle (PVC) from trans2 Corporation in Livona, Michigan.

The PVC can be used for travel on city streets, and in resort, golf and retirement communities, with a cruising range of more then 30 miles. It can be recharged from any standard 110 volt house current outlet.

The two-person vehicle comes equipped with many automotive-type safety features including full front lighting, high mounted tail lights, seat belts, laminated safety glass windshield with wiper and four wheel hydraulic brakes. It is the same height as a mini-van for increased visibility. The design of the vehicle accommodates an occasional rain shower with the use of the "weather wing" foul weather enclosures. It is also equipped with cargo hauling facilities to carry groceries, gardening supplies or golf gear. The maximum speed for the vehicle is 20 miles per hour.

For more information, call Arnold Palmer Cadillac at 501 S. Caldwell in Charlotte, (704) 376-9181.

Host families needed for foreign students

ASPECT Foundation, a non-profit international student exchange program, is searching for families to host foreign exchange students. Host families are asked to provide room and board. ASPECT Foundation students have their own spending money and are fully insured.

According to Bill Bevan, international coordinator for the ASPECT Foundation, most American families feel they aren't rich enough or too busy to host a foreign exchange student. "The truth is," Bevan said, "most host families are middle income. If you have leftovers at dinner, you can afford to host a student."

If you are interested in hosting an exchange student, contact Bill Bevan at (919) 420-0111.

Looking for Looking Glass Falls?

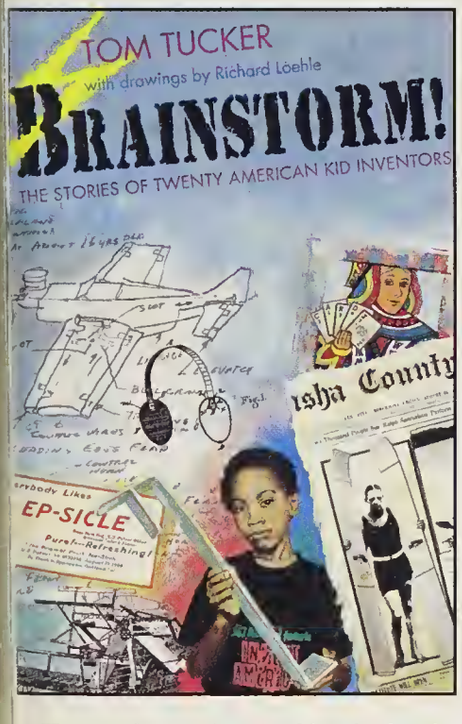
Maps of the waterfalls in the Brevard and Transylvania County are available for visitors. They give directions and information about some of the 250 waterfalls in the region, including the popular 60-foot Looking Glass Falls, the 150-foot Sliding Rock, Diamond Creek Falls, Toxaway Falls and Laughing Falls. To get a map, stop at a local visitors center or call (800) 648-4523.

Your Guide To The Falls
Since 1961, when this area was first dubbed Transylvania County ("Trans" for "across" and "Sylvania" for "the woods"), many of the waterfalls have had a series of names. The cataracts once used by several of the water-powered grist mills, were usually called Mill Shoals or Mill Falls.
Yet whatever the name tracking the waterfalls here is an adventure worth trying. Be prepared to spend some time wandering along the rivers and streams that wind through the jutting mountainside
Brevard
Rosman
Cedar Mountain
Little River
Pisgah Forest
Penrose
NORTH CAROLINA
SOUTH CAROLINA
Brevard/Transylvania County.
It's Only Natural For Your Family Vacation.
Blue Ridge Parkway
National Scenic Byway
1 Silvermont
2 Brevard Music Center
3 Pisgah Forest Fish Hatchery
4 Cradle of Forestry

Onslow County studies its architecture

The North Carolina Department of Cultural Resources has granted the Onslow County Museum $40,000 for the publication of "An Architectural History of Onslow County." The 350-page volume will be researched and written by preservation consultant J. Daniel Pezzoni. Pezzoni also conducted the original survey of historic properties in Onslow County. To help, contact the Onslow County Museum, P.O. Box 384, Richlands, NC, 28574. Phone: (910) 324-5008.

Kids produced 20 amazing brainstorms



Tom Tucker, a Rutherfordton resident, writes about amazing inventions from young Americans ages eight to 19 in his new book, "Brainstorm!" The creation of earmuffs, the popsicle and water skiing are among the 20 stories of kid inventions since the 18th century.

"To tell stories of kid inventors from earlier eras, I gathered material from scores of historical collections and located materials forgotten in family heirloom collections," Tucker said. "As I researched, I realized that the book was not only about problem-solving and creativity, but about American history, too."

"Brainstorm!" started as a scrap of paper that Tucker tore from the newspaper, stuck in his pocket and forgot. That scrap of paper was a story about Frank Epperson's invention of the popsicle. According to Tucker, Epperson's story lead to other stories of kid inventions that he compiled into this book. Most of Tucker's information was found with the help of research libraries and researchers in North Carolina.

Those who are inspired by the book can use its step-by-step advice on the American patent system. The book is designed for young readers between the ages of 10-14, but many adults find it interesting as well.

Published by Farrar Straus & Giroux, "Brainstorm!" is available from bookstores for $15.

The worst baseball team ever

During the 1951 baseball season, the Granite Falls Rocks of the Western Carolina League experienced a good news-bad news season. The good news was that the team had 14 winning streaks. The bad news was that each streak lasted for only one game. The worse news was that the team set a losing record not likely to be broken.

The season started on a losing note, but a blind hog occasionally finds an acorn, and the worst teams occasionally win a game. And by July 1, the Rocks had already hit rock bottom and sported a team record of 13 wins and 44 losses, with a won-lost percentage of .230.

But the worst news of all was that the .230 average was the best the team would see for the remainder of the season. By the July 19 they had skidded to 13-57 and .186.

When July 26 arrived, the Rock's record stood at 13-62 and .173. At the end of the month, they finally won another game and ended July with a record of 14-64 (.179).

That late July victory would be their last win of the season. In August they won no games and lost 27.

In September the Rocks lost the only two games they played and ended the season with 14 victories and 96 losses and a won-lost percentage of .127, the lowest ever recorded in professional baseball history.

During this time a rained out game constituted the closest they could come to a win. And the rest of the teams fattened their records at the expense of the Rocks.

Ironically, their final game could have been a victory, but after 14 innings the Rocks fell 5-4 to Morganton and their season, mercifully, ended. — *Robert L. Williams*

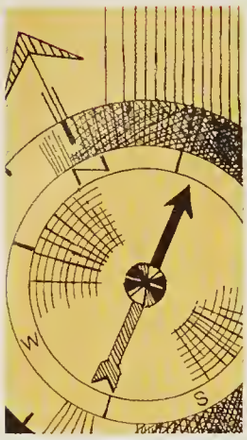
Are you considering your own business?

The National Business Employment Weekly series of self-help guides has released a "Guide to Self Employment" to help people consider careers ranging from consulting and professional temporary work to starting or buying a business.

The 280-page book by business writer and consultant David Lord includes tips on self-direction, laying foundations, financing, contract work, taxes, "the nation's best franchises," a list of 140 agencies that place people in temporary work assignments, and a 15-page list of resources.

The softcover book sells for $12.95 and is available through bookstores or from the publisher John Wiley & Sons, Inc., 605 Third Avenue, New York, NY 10158-0012.

Here, There and Everywhere



Sept. 3–Oct. 6

Chet E.B. Harris cooks beef in the ground, Sept. 7

First Aid Classes

Sept. 3 & 5, Oct. 1, 3, Lexington
Sponsored by the Lexington/Davidson Chapter of the American Red Cross. 6-10 p.m. (704) 246-2205.

Rodeo/Expo

Sept. 5-8, Troy
Animal shows, rodeo, Border collie demonstrations, parade, concessions, arts and crafts, horse and mule pulling contests, and horse and trail rides at the Agricultural Center. (910) 576-6011.

Golf Outing

Sept. 6, Walnut Cove
At Hemlock Golf Course. Benefits go to Hospice of Stokes County for patient care. Captain's choice. $180 per team. Lunch provided by Outback Steak House. (910) 593-5348.

Deadlines

Deadlines for submitting notices.

November issue ..... September 25
December issue ..... October 25
January issue ..... November 25

We welcome photos and illustrations of coming events. Send notices to Calendar, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Avery Tour of Homes and Gardens

Sept. 7, Blowing Rock
Linville Resort, 10 a.m. to 4 p.m. $15 advance, $20 at the door. (704) 733-2944.

Beef Earth Roast

Sept. 7, Warrenton
Sponsored by the Warren County Cattleman's Association. Eat in or take out for $7. 4 to 8 p.m. at the Warren County Cooperative Extension Office. (919) 438-8188.

Living History Show

Sept. 7-8, Durham
Historic encampment from 10 a.m. to 4 p.m. at Bennett Place. Drills, flag and uniform talks, domestic skills and fashion show. (919) 383-4345.

Craft Heritage Day

Sept. 8, Charlotte
Craft experts will help you identify your family craft objects. Artists will demonstrate and sell wares in the Mint Museum park. (704) 337-2098.

Antique Show

Sept. 11-15, Shelby
At Cleveland Mall during mall hours. (800) 541-0666.

Cotton Field Day

Sept. 12, Goldsboro
Sponsored by NCSU's College of Agriculture and Life Sciences and the N.C. Cotton Promotion Association. On-farm tests and demonstrations, agency exhibits and commercial displays at the Cherry Farm in Goldsboro. Invited speakers include Gov. James B. Hunt Jr. and Commissioner of Agriculture Jim Graham. (919) 515-7191.

Kingfish Classic

Sept. 12-14, Shallotte
Sanctioned by the Southern KingFish Association. Captain's choice tournament at Holden Beach Marina. Cash prizes. To enter, contact the South Brunswick Islands Chamber of Commerce, PO. Box 1380, Shallotte, NC 28459. (800) 426-6644 or (910) 754-6644.

North Carolina Symphony

Sept. 13, Southern Pines
Opening concert, "Orchestra Showcase." 8 p.m. Pinecrest High School, Robert E. Lee Auditorium. (910) 692-4356.

Summer Meeting

Sept. 13-14, Sparta
Entertainment, banquet, speakers, tours, workshops and equipment demonstrations sponsored by the North Carolina Christmas Tree Association. Registration begins at 8:30 a.m. at the Sparta Elementary School Auditorium. (704) 262-5826.

River Homes Tour

Sept. 13-14, New Bern
Visit eight of the city's most unique and elegant homes, each with a view of the Trent or Neuse River. Will benefit the New Bern Preservation Foundation. $12.50 in advance, $15 at the door. (919) 633-6448.

Tractors and Engines

Sept. 13-15, Belwood
Steam engines, tractor pull, saw mill, sour gum molasses, petting zoo, hot air balloon, concessions, antique farm equipment. Old Belwood School. 9 a.m. to 10 p.m., Friday and Saturday; noon-6 p.m., Sunday. $5 adults, $2.50 children 6-12, and children under 6 free. Belwood Heritage Museum. (704) 538-3451.

Chili and Rubber Ducks

Sept. 14, Clemmons
Carolina Chili Championship and Rubber Duck Regatta to benefit the March of Dimes Birth Defects Foundation. Chili cook-off, live entertainment and Beth Tartan State Cake Bake. At Tanglewood Park, 11 a.m. to 5 p.m. (800) 443-4093.

Deep River Park Festival

Sept. 14, Gulf
Arts, crafts, music, food, clowns, canoe rides, petting zoo and pony rides at the Camelback Bridge. 9:30 a.m. to 3 p.m. (919) 898-4814.

Back to School Carnival

Sept. 14, Union Grove
Bingo, silent auction, softball tournament, Gospel groups and food at the school. 11 a.m. to 3 p.m. Bring lawn chairs. (704) 539-4354.

Folkfest VI

Sept. 14, Winston-Salem
Presented by Reynolda House and Fiddle and Bow Society. (910) 725-5325.

Herbs at the Zoo

Sept. 14-15, Asheboro
An N.C. Zoo celebration centered on herbs. Special programming in the Touch and Learn Center and special entertainment in the North American Plaza. (800) 488-0444.

Cat Fanciers Show

Sept. 14-15, Winston-Salem
A Cat Fanciers' Association licensed all-breed championship show at Benton Convention Center. 10 a.m. to 5 p.m. $4 adults, $2 seniors and children under 12. Mystery author Lilian Jackson Braun will appear on Saturday to autograph copies of her latest book "The Cat Who Said Cheese" from 1 to 3 p.m. (910) 282-3089.

Encampment

Sept. 14-15, Blacksburg, S.C.
84th Regiment Royal Highland Emigrants 18th century encampment of Loyalist forces. Weapons demonstrations, battle tactics and camp life demonstrations. Kings Mountain National Military Park. 11 a.m.- 5 p.m. (864) 936-7921.

Charity Festival for Hospice

Sept. 14-15, Boone
Bake sale, door prizes, food vendor and fellowship at the National Guard Armory. (704) 265-3926.

Community CPR Classes

Sept. 16, 18, Lexington
Lexington/Davidson Chapter of the American Red Cross classes, 6-10 p.m. (704) 246-2205.

Harvest Day Crafts

Sept. 21, Windsor
Tour the fully restored 1763 King-Bazemore House and the c. 1803 Hope Mansion. Blacksmithing, cabinetmaking, spinning, weaving, lacemaking, crafts and food at Hope Plantation. 10 a.m. to 4 p.m. (919) 794-3140.

"A Day on the River"

Sept. 21, Elizabeth City
Featuring the Classic Moth Boat, including a regatta honoring the Pasquotank County sailing tradition. Sponsored by the Museum of the Albemarle. Held on the deck of Mulligan's Waterfront Grille, 400 South Water Street. 11 a.m. to 7:30 p.m. (919) 335-1453

County Agricultural Fair

Sept. 16-21, Mount Airy
One of the oldest. Livestock, crafts, produce, food booths, midway rides and games at Veteran's Memorial Park. (910) 786-6116.

Harness Races

Sept. 17-21, Ahoskie
Harness horse races will be featured at the 76th Annual Atlantic District Fair. Also rides, games, educational and agricultural exhibits and entertainment. (919) 332-4553.

Christmas Fair

Sept. 20-21, Boone
Holiday crafts and displays at the Agricultural Services Center. Sponsored by the Watauga County Extension Homemakers. Free admission. (704) 264-3061.

Southern Randolph Country Days

Sept. 20-21, Seagrove
Three stages of live music, all day Civil War re-enactments, parades, food and crafts. On Main Street in downtown Seagrove. (910) 873-8291.

Art Exhibit

Sept. 20-21, Winston-Salem
"Nature's Art: A Celebration of Art Discovered Through Flowers," sponsored by Reynolda House Museum of Art, with 25 flower arrangements interpreting paintings in the art collection. 9:30 a.m. to 4:30 p.m. (910) 725-5325.

Golden Leaf Celebration

Sept. 21, Wilson
Celebrate Wilson's tobacco rich heritage with arts and crafts, a kids corner, tobacco contests, antique car display, the N.C. State Barbecue Cook-off, beach and gospel music stages. (800) 497-7398.

Civil War Living History

Sept. 21, Mecklenburg County
Living history tours at Latta Plantation from noon to 4:30 p.m. $4 adults, $3 children under 12. (704) 875-2312.

Festival on the Square

Sept. 21, Granite Falls
Crafts, food, children's games, stage entertainment, dunking booth, 5K race and Fun Run. (704) 396-5055 or (704) 396-4000.

Car Show

Sept. 21, Roxboro
1900 through 1971 models only. Judging by Flat River Antique Engine and Tractor Club. Held at Optimist Park. Rain date, Sept. 22. (910) 364-8276.

Music and Fun Festival

Sept. 21, Creedmore
All-day musical entertainment, arts and crafts exhibits and sales, games, and food. On Main Street, 10 a.m. to 4 p.m. (919) 528-4994.

Salisbury Ancestor Fair

Sept. 21, Salisbury
Learn how to start a family tree and research military records. See genealogy software, book and supply dealers. Holiday Inn, 530 Jake Alexander Blvd. South. 10 a.m. to 5 p.m. $3, $1 children ages 7-12. (704) 282-1339.

Dublin Peanut Festival

Sept. 21, Dublin
Parade, barbecue sale, snacks, crafts, car show, antique farm equipment, games, entertainment and plenty of peanuts. (910) 862-2202.

Arts Alive '96

Sept. 21, Mocksville
Sponsored by the Davie Arts Council at the Masonic Picnic Grounds. (704) 634-3112.

Tar River Festival

Sept. 21, Louisburg
Entertainment, food, crafts, and trade vendors. 10 a.m. to 4 p.m. in Riverbend Park and downtown historic Louisburg. (919) 496-3056.

Indian Summer Festival

Sept. 21, Hertford
Old fashioned sidewalk sales in the historic downtown district. Food, crafts, and entertainment. Sponsored by the Perquimans County Chamber of Commerce. (919) 426-5657.

Shrimp Feast

Sept. 21, Edenton
Hosted by the American Legion Post 40 Baseball Booster Club. 5 to 8 p.m. at the American Legion Fair Grounds. $15 covers all the shrimp you can eat plus beverage and music. (919) 482-4411 daytime or (919) 482-3183 evenings.

Motorcycle Rally

Sept. 21-22, Caldwell County
Vendors, parts, and live music by Big Bump and the Stun Gunz at Caldwell County Fairgrounds. $6 per day or $10 for 2 day pass. All proceeds benefit Hospice. (704) 758-0524.

Engine and Tractor Show

Sept. 21-22, Roxboro
Sponsored by the Flat River Antique Engine and Tractor Club. At Optimist Park. $4, children under 12 free. (910) 364-2364.

Militia Re-enactment

Sept. 21-22, Weaverville
Militia encampment and domestic skills at the Governor Vance Birthplace. (704) 645-6706.

Historical Presentation

Sept. 22, north of Carthage
Given at the historic site by author John Hairr on David Fanning, a colorful, feared Tory leader who attacked House on the Horseshoe. 2 p.m. (910) 947-2051.

Continued on next page

Heritage Day and Youth Livestock day at Historic Oak View, Raleigh, Oct. 5

Pumpkin Festival, Goldston, Sept. 28-2

Incredible Challenge

Sept. 22, Linville

A 102-mile bike ride from Catawba River Bridge in Hickory to the Mile High Swinging Bridge on Grandfather Mountain. (704) 726-0616.

Concert in the Park

Sept. 22, Blowing Rock

"Laurel Creek String Band" in B.R. Memorial Park. 5 p.m. Free. (704) 295-7851.

Mayberry Days

Sept. 26-28, Mount Airy

Tours of "Mayberry" landmarks, "Opie's Backyard" for kids, Doug Dillard Band, TV show re-runs, golf, food, exhibits around town. (910) 786-7998.

"Kitchens...and Moore"

Sept. 26, Pinehurst

Tour six newly remodeled kitchens with food demonstrations and samples at each house. Sponsored by the Moore County Extension Homemakers Association. 10 a.m. to 2 p.m. (910) 947-3188.

Southern Women's Show

Sept. 26-29, Charlotte

Shopping, fashion, food, celebrity cooking shows, tips for healthy living, ideas for crafts, hobbies and careers at Charlotte Merchandise Mart. (800) 849-0248.

Benson Mule Days

Sept. 26-29, Benson

Rodeos, street dances, arts and crafts, barbecue, clogging, parades, and mule competitions. Camping available. (910) 894-3825.

Pianist

Sept. 27-28, Winston-Salem

Reynolda House features Barbara Carroll, New York jazz pianist. (910) 725-5325.

Antiques Festival

Sept. 27-28, Liberty

More than 250 dealers from 22 states. 8 a.m. to 6 p.m. on John Marsh Rd. Rain or shine. (910) 662-3040.

Malcolm Blue Farm Festival

Sept. 27-29, Aberdeen

Craft demonstrations, puppet show, farm animals, food, folk and country music, dancing and reenactment troop. (910) 944-7558.

Old Boone Streetfest

Sept. 28, Boone

Highlights the best in traditional mountain art, crafts, food, and entertainment, downtown. Free. 10 a.m. to 6 p.m. (704) 262-4532.

Pumpkin Festival

Sept. 28-29, Goldston

3rd annual festival with bygone crafts, homemade delicacies, horse-drawn wagon rides, farm animals, moon walk, pumpkin carving, cider pressing, tractor pulls, bluegrass and gospel. $3 benefits fire department. Meronies Church Rd. off Goldston-Pittsboro Hwy. (919) 837-5363.

Military Antiques Show

Sept. 28-29, Asheville

Military collectibles of all eras and nations to be exhibited, sold and traded. Public may bring items for free appraisals. At the National Guard Armory. $4 admission, $1 ages 7-12. (704) 282-1339.

Celebrity Golf Tournament

Sept. 30, Buies Creek

James "Bonecrusher" Smith golf classic to benefit N.C. Jaycee Burn Center. $100 per player at Keith Hills Country Club. (910) 892-4233.

Autumnfest and Road Race

Oct. 5, Southern Pines

Downtown Southern Pines Street Fair with one mile and 5K running races. Arts, crafts and entertainment. 9 a.m. to late afternoon. (910) 692-2463.

A-Maize-ing Harvest

Oct. 5, Fremont

Corn shucking party, old-fashioned children's games, corn demonstrations, wagon rides and entertainment. At the Governor Charles B. Aycock Birthplace from 11 a.m. to 6 p.m. (919) 242-5581.

Heritage Day and Youth Livestock

Oct. 5, Raleigh

Craft demonstrations, exhibits, youth livestock show, old and restored farm equipment, live entertainment and food. Historic Oak View at the Wake County Office Park. Free admission. 10 a.m. to 3 p.m. (919)250-1100.

Chilly Chili Challenge

Oct. 5, Blowing Rock

High Country Chilly Chili Challenge with music, crafts, food, games and free chili at Tweetsie Railroad. Benefits area student scholarship program. (704) 265-3130 after 6 p.m.

Gates County Swampfest

Oct. 5, Gatesville

Children's rides, petting zoo, lawn mower pull, food, crafts, live entertainment and parade. At Gatesville Elementary School. (919) 357-0075.

Studio Hop

Oct. 5-6, Ashe County

10 a.m. to 5 p.m. on Saturday, 1 to 5 p.m. on Sunday. Held at studios throughout Ashe County. (910) 246-2787.

Fall Festival

Oct. 5-6, Brasstown

Hosted by John C. Campbell Folk School. Traditional and contemporary weaving, blacksmithing, pottery, woodwork, jewelry, basketry, music, country dancing, games and petting zoo. (704) 837-2775.

ONGOING

Sandhills Little Theatre

Sept. 12-15 and 19-21, Southern Pines

"2," a drama by Romulus Linney $10 Thursday and Sunday, $12 Friday and Saturday. Students hal price. (910) 692-3799.

Cleveland County Fair

Sept. 26- Oct. 5, Shelby

Agricultural exhibits, entertainment rides, livestock, contests, crafts and food. Cleveland County Fairgrounds (704) 487-0651.

Folk Art Exhibit

Sept. 6-30, Southern Pines

Folk Art Exhibit at the Campbel House. 9 a.m. to 5 p.m. weekdays (910) 692-4356.

Contemporary Art

through October 2, Winston-Salem

The Southeastern Center fo Contemporary Art presents the worl of Radcliffe Bailey, Georgia Blizzar and St. EOM, a.k.a. Eddie Owen Martin. (919) 725-1904.

Natural history cruise

Registration open, Beaufort

Natural history expedition to Cost Rica, the Darien Jungle and th Panama Canal sponsored by th N.C. Museum of Natural Science and N.C. Maritime Museum. Cruis aboard the 138 passenge "Yorktown Clipper" from Dec. through 10. Currently registerin (919) 728-7317.

"Cutting Edge" History

through Feb. 16, Charlotte

The exhibit profiles over 600 yea of edged weapons including sword bayonets, knives and saber Charlotte Museum of History. (70 568-1774.

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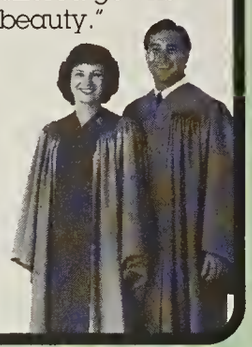

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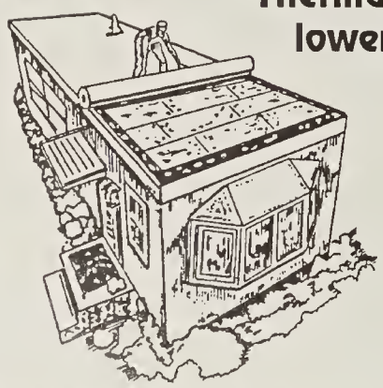

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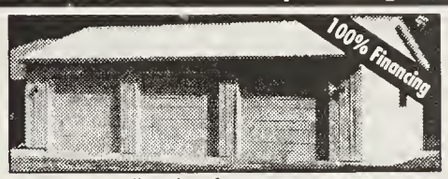

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Hank's Gardening Guide

by Hank Smith

Transplant broadleaf evergreens now.

September is a gardening turning point — midway between summer's hot days and the hint of autumn's cool days. Continue watering, feeding and grooming the garden, and controlling pests and diseases.

Perennials should be dug and divided. This gives them time to develop strong root systems before cold weather slows them down. Broadleaf evergreens destined for new homes should be moved in late summer or early autumn so their cut roots have ample time to reestablish a source of moisture before the ground freezes. (This is especially important in moving rhododendrons.)

Nasturtium

Nasturtiums

Nasturtiums can be grown indoors during winter. Place them in a sunny window and pinch back young plants to keep them stocky and compact. Too much fertile soil results in rank leaf and stem growth leading to poor flower production for nasturtiums. The climbing nasturtium makes a striking window garden plant. The yellow, orange, red, and burgundy blooms add a cheerful note to homes in winter.

Perennial seed

Seeds of perennial plants will germinate more quickly if chilled in the refrigerator a few days before planting. This offsets the effect of soils that are still warm.

Watering

During dry periods when rainfall is scant, keep a close eye on new plants. They may require a daily soaking. Some fruiting shrubs such as holly, nandina and pyracantha require adequate moisture. Without moisture, berries may be scarce next year. Lawn grasses may need several soakings this month.

Vegetables

If nematodes have been a problem in your vegetable garden, treat infected areas with an approved nematocide or fumigate with methyl bromide. Follow package instructions for usage and best method of application.

Neatness pays off

Remove all dead leaves from plants by hand or by lightly brushing them off with a flexible lawn rake or soft broom. Rake all litter from beneath plants. This removes the invitation for insects and disease organisms to live there in winter.

Check camellias

If camellias have clusters of flower buds, now is a good time to remove the buds to make them into a crop of new flower buds. Remove all side buds from a thick cluster and leave the choice tip bud to form. You will see a much larger and better shaped bloom.

Landscape planning

A plan is necessary for proper landscape development, just as a map is important in reaching a destination on an unfamiliar road. Consult an experienced professional if possible. Otherwise, draw a simple plan of your house and grounds, and plan your plant placements. Give careful thought to the ultimate size of trees and shrubs. Determine if a plant requires sun or shade and consider soil requirements. When preparing a plan, use a scale (i.e., one inch on paper equals 10 feet). A common mistake in landscape planning is to overlook the fact that plants do grow abundantly if properly tended. Give trees and shrubs plenty of elbow room.

Outdoors indoors

The least expensive way to develop an outdoor-indoor feeling in your home is to use exterior siding on one or more walls of the family room, if it adjoins window walls or glass doors to the outside. By doing this you create the illusion that the out-of-doors merges into the room.

Handle with care

When transporting balled-and-burlapped plants, it is important not to damage the root system. The ball of the plant contains roots and soil which can be very heavy. When lifting the plant, grab the ball of the plant rather than the trunk. This prevents damage to the root system.

Cutting dahlia blossoms

For long-lasting cut flowers, select blooms that are about half open. The best time to cut dahlias is early morning or late afternoon. Cut long stems from the plant with a very sharp knife and immediately place them in a pail of water. (This treatment, known as "harding off," makes flowers hold up longer.) After 10 to 15 minutes, recut the stems under water. This forces water into the hollow stems.

Bob Timberlake

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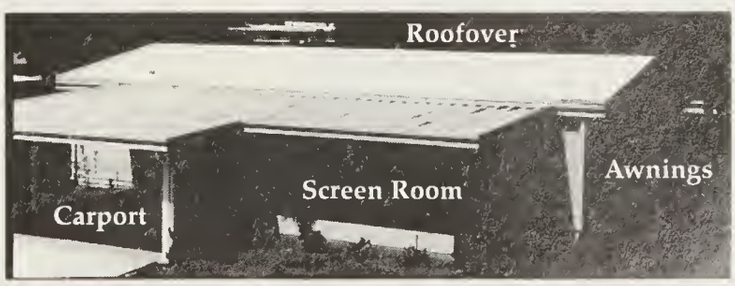

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Journal

by Owen Bishop

Being cut off in traffic ranked as No.1 motoring annoyance.

Watch out for those merge maniacs

Do you get really ticked when you're cruising along at the posted speed limit and another driver zooms past, cutting you off?

Lots of folks do, according to an item in Go Magazine, a publication of AAA Carolina. It reports that Americans most often ranked the driver who cuts them off in traffic as their No. 1 motoring annoyance, based on a recent national survey.

In second place on the survey was the driver who fails to use a turn signal before making a turn.

Other annoyances that ranked No. 1 in the survey, listed in order of popular disfavor (an oxymoron?), were: tailgaters; motorists who drive too slow in a fast lane; people who drive too fast; drivers who use a cellular phone while driving; discourteous drivers; drivers who run red lights, and folks who constantly change lanes.

I get plenty annoyed with all of the above but my choice for No. 1 isn't even on this list. It involves a merging traffic situation where the highway is clearly marked with bright "Merge Ahead" signs. Here's what usually happens: As soon as I spot one of these signs, I immediately follow its advice. It's not that I slavishly respond to all such roadside instructions, you understand. I'm just convinced that otherwise I'll end up getting trapped at the merge point and can't get back into the flow of traffic.

As I'm creeping along in one of these ragged bumper-to-bumper convoys, you can be sure other cars are whizzing by in the lane I left behind, having blithely ignored all those signs. Then, nearing the merge point, they begin edging toward my lane, waiting for just the right opening to merge.

I watch this scene with growing irritation, hoping the drivers ahead of me will realize that each of these merge maniacs is a Pushy, No Good @#$#*% who's trying to break into line without waiting for the proper turn! Surely, I tell myself, my fellow mainstream drivers will close ranks to keep them out of our lane! It should be clear to everyone that the folks who're jockeying for position should have merged in the proper order and they certainly don't deserve a spot in this line ahead of me. (In fairness, there are lots of other drivers they shouldn't get ahead of, too, but I figure they can fight their own battles.)

"Don't let 'em in; don't let 'em in!" I shout. "Show 'em no mercy!" Or words to that effect. When my wife is riding with me, you can be sure she's echoing my pleas. In fact, she may even lead the chant. Alas, whether it's a solo or a duet, it's usually all for naught. The merge maniacs always prevail.

They somehow manage to move into my lane, perhaps by brazenly darting through — forcing other motorists to yield. But that's usually not necessary because there's often a Mr. Nice Guy (or Gal) in line who will actually slow down ...and wave the maniacs through!!

By this time, I'm gripping the wheel with white-knuckled intensity, venting my frustration with a few choice words about #!@#$%* courteous drivers who allow these maniacs to get away with their awful antics. Of course, there are also a few parting shots at the maniacs who started all this hullabaloo in the first place. If my wife is sharing this Kodak moment with me, she adds her own cogent comments about all the offending drivers involved in this travesty of traffic justice.

This perfectly natural behavior may continue until we leave the merged lane, and finally gives way to rejoicing when we're once again free to move along at our own pace.

Other roadway annoyances on my list that didn't score big points in the national survey are:

Drivers who try to handle multiple tasks while also keeping a vehicle under control. This includes the cellular phone fanatics as well as motorists who divide their attention between driving and such pursuits as: applying cosmetics, lighting cigarettes, reading books, watching TV (No kidding! I saw one driver watching a walkman-sized unit at 2 o'clock on an uneventful Tuesday afternoon) and animated conversations where the driver feels compelled to talk with his hands (yes, I do mean both of them!)

Bicycle operators who want to be treated like motorists until they arrive at a traffic light. THEN, they'll sail through a red light as if the rules of the road don't apply to them.

Drivers who use their turn signals for miles without turning. You get lulled into thinking the signal is a mistake and it should be disregarded. THEN, the car makes a turn —but not necessarily in the direction of the signal.

Healthy, able-bodied people who park in handicapped parking spaces —even if they do display an official handicapped placard.

If you have a highway pet peeve that hasn't been mentioned, let me know and I'll share them with our readers in a future column. Mail them to P. O. Box 27306, Raleigh, NC 27611-7306. Or call me toll-free at (800) 662-8875, Ext. 316.

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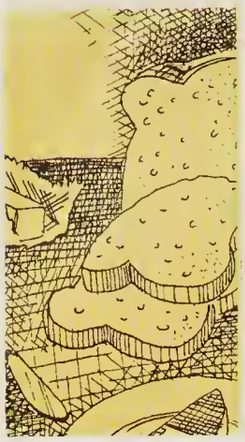

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Submitted by Shaleen Haggerty, Wake Forest

2 ⅓ cups flour
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1 cup brown sugar
1 cup butter, softened
1 teaspoon baking soda
2 eggs
1 teaspoon vanilla extract
12 ounces mini semi-sweet chocolate pieces
1 cup shredded coconut
1 cup slivered almonds

Mix flour and baking soda and set aside. Mix sugars and butter, then add vanilla and eggs. Add flour mixture to sugar mixture and blend well. Add chocolate pieces, coconut and almonds. Drop by tablespoon onto ungreased cookie sheets. Bake 9 to 11 minutes until light brown.

Want to share recipes?

If you would like to share a recipe with Country Kitchen, send it to Recipes, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

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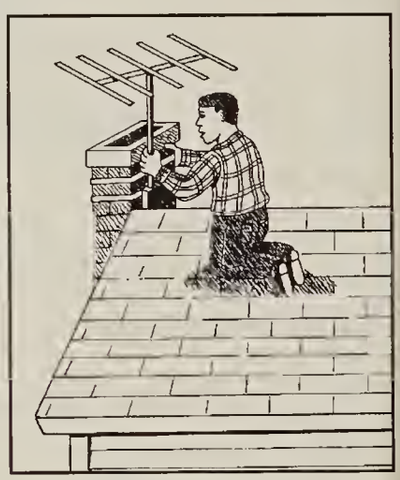

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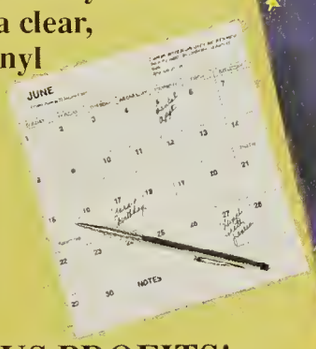

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